What is claimed is:

- 1. A vibration absorbing grip, comprising:
 - a grip body formed by a multi-layer material comprising:
- a first elastomeric layer of vibration absorbing material which is substantially free of voids therein;

a second elastomeric layer which includes an aramid material therein and that is disposed on the first elastomeric layer, wherein the amramid material distributes vibration to facilitate vibration dampening; and

a third elastomeric layer disposed on the second elastomeric layer and adapted to be gripped by a user.

- 2. The grip of claim 1 wherein the grip body has first and second ends, the thickness of the grip body at the first end being greater than the thickness of the grip body at the second end.
- 3. The grip of claim 1, wherein the grip is configured for use on a handle for a vehicle.
- 4. The grip of claim 3, wherein the grip body is configured for use with a bicycle handle.

- 5. The grip of claim 3, wherein the grip body is configured for use with a motorcycle handle.
- 6. The grip of claim 3, wherein the grip body is configured for use with a jet ski handle.
- 7. The grip of claim 3, wherein the grip body is configured for use with a snowmobile handle.
- 8. The grip of claim 1, wherein the grip body is configured for use with a handle for a sporting implement.
- 9. The grip of claim 8, wherein the grip body is configured for use with a paddle handle.
- 10. The grip of claim 8, wherein the grip body is configured for use with the handle of a tennis racquet.
- 11. The grip of claim 8, wherein the grip body is configured for use with the handle of a bat.

- 12. The grip of claim 8, wherein the grip body is configured for use with the handle of a golf club.
- 13. The grip of claim 8, wherein the grip body is configured for use with the handle of a hockey stick.
- 14. The grip of claim 1, wherein the grip body is configured for use with the handle of a weapon.
- 15. The grip of claim 14, wherein the grip body is configured for use with the handle of a knife.
- 16. The grip of claim 1, wherein the grip body is configured for use with a handle of any one of a handheld tool, a pneumatic tool, and a hydraulic tool.
 - 17. The grip of claim 1, wherein the aramid material forms an open mesh.
- 18. The grip of claim 1, wherein the grip body has first and second ends and tapers inwardly from the first end to the second end.
- 19. The grip of claim 1, wherein the aramid material forms an imperforate sheet disposed within the second elastomeric layer.

- 20. The grip of claim 1, wherein the aramid material forms a plurality of individual strips that are substantially parallel to each other.
- 21. The grip of claim 20, wherein the plurality of individual strips are generally equally sized.
- 22. The grip of claim 1, wherein the aramid material forms a plurality of individual strips of different sizes that are substantially parallel to each other.
 - 23. A vibration absorbing grip, comprising:

a sleeve having an end defining an opening, wherein the sleeve is adapted to absorb vibration and comprises:

a first elastomeric layer adapted to absorb vibration, the first elastomeric layer being substantially free of voids therein;

a second elastomeric layer which includes an aramid material therein and that is disposed on the first elastomeric layer, the aramid material comprising a plurality of individual strips of aramid of different sizes, wherein the amramid material distributes vibration to facilitate vibration dampening, the second elastomeric layer being substantially free of voids therein;

a third elastomeric layer that is disposed on the second elastomeric layer, the third elastomeric layer being substantially free of voids. 24. The grip of claim 23, wherein the second and third elastomeric layers are generally of equal thickness.

25. A vibration absorbing grip, comprising:

a sleeve having upper and lower ends, the upper end defining an opening to permit a portion of a grip supporting object to extend therethrough, wherein the sleeve is adapted to absorb vibration and comprises:

an first layer adapted to absorb vibration and being formed by an elastomer that is substantially free of voids therein;

a second layer which includes an aramid material therein and that is disposed on the first layer, the aramid material comprising a plurality of individual strips of aramid of generally equal sizes, wherein the amramid material distributes vibration to facilitate vibration dampening, the second layer being substantially free of voids therein, the plurality of individual aramid strips being generally parallel to each other; and

a third layer formed by an elastomer that is substantially free of voids.